

**TABLE 5: NUTRIENTS IN PROPOSED FOOD INTAKE PATTERNS**

This table shows the overall nutrient composition of each proposed food intake pattern and how this nutrient composition compares with the nutritional goals set for the patterns. For each pattern, the first row (in black) shows the actual amount of each nutrient in the pattern, and the second row (in blue) shows the percent of goal or percent of calories. See Notes page for additional information.

<b>Food Pattern<sup>1</sup></b>	<b>VITAMIN A</b> µg RAE/% RDA	<b>VITAMIN E</b> mg AT/% RDA	<b>VITAMIN C</b> mg/% RDA	<b>THIAMIN</b> mg/% RDA	<b>RIBOFLAVIN</b> mg/% RDA	<b>NIACIN</b> mg/% RDA	<b>VITAMIN B<sub>6</sub></b> mg/% RDA	<b>FOLATE</b> µg/% RDA	<b>VITAMIN B<sub>12</sub></b> µg/% RDA
<b>1000</b> Calorie Pattern (incl. 2 milk <sup>2</sup> ) % GOAL--M/F 1 to 3 <sup>3</sup>	559 186	3.9 65	70 469	0.9 171	1.3 255	8.8 147	1.0 201	214 142	3 357
<b>1200</b> Calorie Pattern (incl. 2 milk) % GOAL--F 4 to 8	750 187	5.2 75	83 334	1.1 186	1.5 250	12.5 157	1.3 222	278 139	4 321
<b>1400</b> Calorie Pattern (incl. 2 milk) % GOAL--M 4 to 8	809 202	5.7 81	100 401	1.3 222	1.7 283	15.7 196	1.6 266	327 163	4 375
<b>1400</b> Calorie Pattern (incl. 3 milk)	885	5.7	103	1.4	2.0	15.9	1.7	339	5
<b>1600</b> Calorie Pattern (incl. 2 milk)	1011	6.6	112	1.6	1.9	19.3	1.9	400	5.1
<b>1600</b> Calorie Pattern (incl. 3 milk) % GOAL--F 9 to 13 % GOAL--F 51 to 70, 70+	1087 181 155	6.6 60 44	115 254 153	1.7 187 153	2.3 252 206	19.5 162 139	2.0 200 134	413 138 103	6.1 337 253
<b>1800</b> Calorie Pattern (incl. 2 milk) % GOAL--F 31-50	1214 173	7.4 49	130 173	1.8 162	2.1 190	21.1 151	2.1 162	468 117	5.2 217
<b>1800</b> Calorie Pattern (incl. 3 milk) % GOAL--M 9 to 13 % GOAL--F 14-18	1289 215 184	7.5 68 50	132 294 204	1.9 208 187	2.4 270 243	21.3 178 152	2.2 221 184	481 160 120	6.1 341 255
<b>2000</b> Calorie Pattern (incl. 2 milk) % GOAL--F19-30	1283 183	8.2 55	163 217	2.0 183	2.3 207	23.7 169	2.4 184	529 132	5.6 232
<b>2000</b> Calorie Pattern (incl. 3 milk) % GOAL--M 51-70, 70+	1359 151	8.3 55	165 183	2.1 175	2.6 201	23.9 149	2.5 146	542 135	6.5 270
<b>2200</b> Calorie Pattern (incl. 2 milk) % GOAL--M 31-50	1336 148	8.8 59	164 182	2.2 181	2.4 186	25.8 161	2.5 195	561 140	5.9 246
<b>2200</b> Calorie Pattern (incl. 3 milk) % GOAL--M 14-18	1412 157	8.9 59	166 221	2.3 188	2.8 212	26.0 163	2.6 202	574 144	6.8 285
<b>2400</b> Calorie Pattern (incl. 2 milk) % GOAL--M 19-30	1528 170	9.5 63	177 196	2.4 200	2.6 200	28.6 179	2.8 215	624 156	6 261
<b>2400</b> Calorie Pattern (incl. 3 milk)	1604	9.5	179	2.5	2.9	28.9	2.9	636	7
<b>2600</b> Calorie Pattern <sup>4</sup> (incl. 2 milk) % GOAL--M 19-30	1695 188	10.3 69	218 242	2.5 211	2.7 206	29.7 186	3.1 236	667 167	6 261
<b>2600</b> Calorie Pattern <sup>4</sup> (incl. 3 milk)	1771	10.4	220	2.6	3.0	29.9	3.2	680	7
<b>2800</b> Calorie Pattern <sup>4</sup> (incl. 2 milk)	1750	11.2	219	2.7	2.8	31.9	3.2	699	7
<b>2800</b> Calorie Pattern <sup>4</sup> (incl. 3 milk) % GOAL--M 14-18	1826 203	11.3 75	221 295	2.8 231	3.2 244	32.1 201	3.3 255	712 178	8 315
<b>3000</b> Calorie Pattern <sup>4</sup> (incl. 2 milk) % GOAL--M 19-30	1942 216	13 85	263 293	3 234	3 225	33 204	3 265	759 190	7 276
<b>3000</b> Calorie Pattern <sup>4</sup> (incl. 3 milk)	2017	13	266	3	3	33	4	772	8
<b>3200</b> Calorie Pattern <sup>4</sup> (incl. 2 milk)	1966	14	263	3	3	33	3	759	7
<b>3200</b> Calorie Pattern <sup>4</sup> (incl. 3 milk) % GOAL--M 14-18	2042 227	14 92	266 354	3 241	3 252	33 206	4 273	772 193	8 315

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This table shows the overall nutrient composition of each proposed food intake pattern and how this nutrient composition compares with the nutritional goals set for the patterns. For each pattern, the first row (in black) shows the actual amount of each nutrient in the pattern, and the second row (in blue) shows the percent of goal or percent of calories. See Notes page for additional information.

<b>Food Pattern<sup>1</sup></b>	<b>CALCIUM mg/% AI</b>	<b>PHOSPHORUS mg/% RDA</b>	<b>MAGNESIUM mg/% RDA</b>	<b>IRON mg/% RDA</b>	<b>ZINC mg/% RDA</b>	<b>COPPER mg/% RDA</b>	<b>SODIUM mg/% DV</b>	<b>POTASSIUM mg/% RDA*</b>
<b>1000</b> Calorie Pattern (incl. 2 milk <sup>2</sup> )	752	878	174	7	7	1	913	1826
% GOAL--M/F 1 to 3 <sup>3</sup>	150	191	217	103	218	159	38	130
<b>1200</b> Calorie Pattern (incl. 2 milk)	808	1041	220	10	9	1	1175	2221
% GOAL--F 4 to 8	101	208	169	100	171	170	49	139
<b>1400</b> Calorie Pattern (incl. 2 milk)	846	1169	253	12.1	10.3	0.9	1409	2502
% GOAL--M 4 to 8	106	234	194	121	205	199	59	156
<b>1400</b> Calorie Pattern (incl. 3 milk)	1148	1417	280	12.2	11.2	0.9	1535	2908
<b>1600</b> Calorie Pattern (incl. 2 milk)	907	1342	303	15.1	12.3	1.1	1673	2899
<b>1600</b> Calorie Pattern (incl. 3 milk)	1210	1589	330	15.2	13.3	1.1	1799	3305
% GOAL--F 9 to 13	93	127	138	190	167	159	75	165
% GOAL--F 51 to 70, 70+	101	227	103	190	167	124	75	165
<b>1800</b> Calorie Pattern (incl. 2 milk)	966	1443	342	17.4	13.3	1.3	1835	3198
% GOAL--F 31-50	97	206	107	97	166	140	76	160
<b>1800</b> Calorie Pattern (incl. 3 milk)	1268	1690	370	17.5	14.3	1.3	1961	3604
% GOAL--M 9 to 13	98	135	154	219	179	184	82	180
% GOAL--F 14-18	98	135	103	117	159	144	82	180
<b>2000</b> Calorie Pattern (incl. 2 milk)	1009	1550	378	19.4	14.6	1.4	2024	3563
% GOAL--F19-30	101	221	122	108	182	157	84	178
<b>2000</b> Calorie Pattern (incl. 3 milk)	1311	1797	406	19.5	15.5	1.4	2150	3969
% GOAL--M 51-70, 70+	109	257	97	244	141	160	90	198
<b>2200</b> Calorie Pattern (incl. 2 milk)	1037	1638	400	21.1	15.7	1.5	2209	3667
% GOAL--M 31-50	104	234	95	264	143	166	92	183
<b>2200</b> Calorie Pattern (incl. 3 milk)	1339	1886	428	21.2	16.7	1.5	2335	4072
% GOAL--M 14-18	103	151	104	193	152	171	97	204
<b>2400</b> Calorie Pattern (incl. 2 milk)	1090	1770	442	24	17	2	2420	4013
% GOAL--M 19-30	109	253	110	295	156	188	101	201
<b>2400</b> Calorie Pattern (incl. 3 milk)	1392	2017	470	24	18	2	2546	4419
<b>2600</b> Calorie Pattern <sup>4</sup> (incl. 2 milk)	1122	1818	470	24	17	2	2470	4487
% GOAL--M 19-30	112	260	117	305	159	207	103	224
<b>2600</b> Calorie Pattern <sup>4</sup> (incl. 3 milk)	1424	2065	498	24	18	2	2596	4893
<b>2800</b> Calorie Pattern <sup>4</sup> (incl. 2 milk)	1150	1907	491	26	19	2	2658	4591
<b>2800</b> Calorie Pattern <sup>4</sup> (incl. 3 milk)	1452	2154	519	26	20	2	2784	4996
% GOAL--M 14-18	112	172	127	238	178	222	116	250
<b>3000</b> Calorie Pattern <sup>4</sup> (incl. 2 milk)	1194	1963	524	27	19	2	2720	5065
% GOAL--M 19-30	119	280	131	339	173	235	113	253
<b>3000</b> Calorie Pattern <sup>4</sup> (incl. 3 milk)	1497	2211	552	27	20	2	2846	5471
<b>3200</b> Calorie Pattern <sup>4</sup> (incl. 2 milk)	1195	1965	524	27	19	2	2734	5067
<b>3200</b> Calorie Pattern <sup>4</sup> (incl. 3 milk)	1498	2212	552	27	20	2	2861	5472
% GOAL--M 14-18	115	177	135	248	182	243	119	274

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<b>Food Pattern<sup>1</sup></b>	<b>CALORIES</b> kcal/% goal	<b>PROTEIN</b> g/% RDA	<b>CARBOHYDRATE</b> g/% RDA	<b>TOTAL FIBER</b> g/% goal	<b>LINOLEIC ACID</b> g/% AI	<b>α-LINOLENIC ACID</b> g/% AI	<b>CHOLESTEROL</b> mg/% DV
<b>1000</b> Calorie Pattern (incl. 2 milk <sup>2</sup> ) % GOAL--M/F 1 to 3 <sup>3</sup>	989 99	44 337	129 99	12 88	8 114	1 117	101 34
<b>1200</b> Calorie Pattern (incl. 2 milk) % GOAL--F 4 to 8	1198 100	56 295	156 120	17 100	11 109	1 119	132 44
<b>1400</b> Calorie Pattern (incl. 2 milk) % GOAL--M 4 to 8	1370 98	66 350	180 139	20 100	11.6 116	1.1 124	168 56
<b>1400</b> Calorie Pattern (incl. 3 milk)	1456	75	192	20	11.6	1.1	172
<b>1600</b> Calorie Pattern (incl. 2 milk)	1602	79	211	24	13.2	1.3	205
<b>1600</b> Calorie Pattern (incl. 3 milk) % GOAL--F 9 to 13 % GOAL--F 51 to 70, 70+	1687 105 105	88 258 191	223 172 172	24 109 109	13.2 110 120	1.3 108 118	209 70 70
<b>1800</b> Calorie Pattern (incl. 2 milk) % GOAL--F 31-50	1782 99	84 183	244 187	29 115	14.5 121	1.4 131	207 69
<b>1800</b> Calorie Pattern (incl. 3 milk) % GOAL--M 9 to 13 % GOAL--F 14-18	1868 104 104	93 272 201	256 197 197	29 115 115	14.5 121 132	1.4 120 131	211 70 70
<b>2000</b> Calorie Pattern (incl. 2 milk) % GOAL--F19-30	2026 101	91 199	285 220	32 116	16.0 133	1.6 144	227 76
<b>2000</b> Calorie Pattern (incl. 3 milk) % GOAL--M 51-70, 70+	2112 106	100 178	297 229	32 116	16.0 114	1.6 99	232 77
<b>2200</b> Calorie Pattern (incl. 2 milk) % GOAL--M 31-50	2199 92	98 174	310 238	34 102	17.4 103	1.7 107	248 83
<b>2200</b> Calorie Pattern (incl. 3 milk) % GOAL--M 14-18	2285 95	106 204	321 247	34 102	17.5 109	1.7 107	252 84
<b>2400</b> Calorie Pattern (incl. 2 milk) % GOAL--M 19-30	2407 93	106 189	344 265	39 106	18.5 109	1.8 114	268 89
<b>2400</b> Calorie Pattern (incl. 3 milk)	2493	114	356	39	18.5	1.8	272
<b>2600</b> Calorie Pattern <sup>4</sup> (incl. 2 milk) % GOAL--M 19-30	2581 99	108 193	379 291	42 116	19.9 117	2.0 124	269 90
<b>2600</b> Calorie Pattern <sup>4</sup> (incl. 3 milk)	2667	116	391	42	19.9	2.0	273
<b>2800</b> Calorie Pattern <sup>4</sup> (incl. 2 milk)	2771	114	403	44	22.2	2.2	289
<b>2800</b> Calorie Pattern <sup>4</sup> (incl. 3 milk) % GOAL--M 14-18	2857 102	123 236	415 319	44 132	22.2 139	2.2 136	294 98
<b>3000</b> Calorie Pattern <sup>4</sup> (incl. 2 milk) % GOAL--M 19-30	2989 100	117 209	436 335	48 115	25 148	3 156	294 98
<b>3000</b> Calorie Pattern <sup>4</sup> (incl. 3 milk)	3074	126	448	48	25	3	298
<b>3200</b> Calorie Pattern <sup>4</sup> (incl. 2 milk)	3200	117	469	49	28	3	299
<b>3200</b> Calorie Pattern <sup>4</sup> (incl. 3 milk) % GOAL--M 14-18	3285 103	126 241	481 370	49 109	28 175	3 173	303 101

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<b>Food Pattern<sup>1</sup></b>	<b>PROTEIN</b> g/% kcal	<b>CARBOHYDRATE</b> g/% kcal	<b>ADDED SUGARS</b> g/% kcal	<b>TOTAL FAT</b> g/% kcal	<b>SATURATED FAT</b> g/% kcal	<b>MONO. FAT</b> g/% kcal	<b>POLY. FAT</b> g/% kcal	<b>LINOLEIC ACID</b> g/% kcal	<b>α-LINOLENIC ACID</b> g/% kcal
<b>1000</b> Calorie Pattern (incl. 2 milk <sup>2</sup> )	44	129	20	35.2	10.7	12.9	9.0	8.0	0.8
% KCAL--M/F 1 to 3 <sup>3</sup>	18	52	8	32	9.8	12	8	7.3	0.7
<b>1200</b> Calorie Pattern (incl. 2 milk)	56	156	20	41.5	11.0	15.1	12.2	10.9	1.1
% KCAL--F 4 to 8	19	52	6	31	8.3	11	9	8.2	0.8
<b>1400</b> Calorie Pattern (incl. 2 milk)	66	180	20	45.3	12.1	16.6	13.0	11.6	1.1
% KCAL--M 4 to 8	19	53	6	30	7.9	11	9	7.6	0.7
<b>1400</b> Calorie Pattern (incl. 3 milk)	75	192	20	45.8	12.3	16.7	13.0	11.6	1.1
<b>1600</b> Calorie Pattern (incl. 2 milk)	79	211	24	52.1	13.8	19.2	14.8	13.2	1.3
<b>1600</b> Calorie Pattern (incl. 3 milk)	88	223	24	52.6	14.1	19.3	14.8	13.2	1.3
% KCAL--F 9 to 13	21	53	6	28	7.5	10	8	7.0	0.7
% KCAL--F 51 to 70, 70+	21	53		28	7.5	10	8	7.0	0.7
<b>1800</b> Calorie Pattern (incl. 2 milk)	84	244	32	56.3	14.7	20.6	16.3	14.5	1.4
% KCAL--F 31-50	19	55	7	28	7.4	10	8	7.3	0.7
<b>1800</b> Calorie Pattern (incl. 3 milk)	93	256	32	56.8	15.0	20.7	16.3	14.5	1.4
% KCAL--M 9 to 13	20	55	7	27	7.2	10	8	7.0	0.7
% KCAL--F 14-18	20	55		27	7.2	10	8	7.0	0.7
<b>2000</b> Calorie Pattern (incl. 2 milk)	91	285	40	62.6	16.4	22.9	18.0	16.0	1.6
% KCAL--F19-30	18	56	8	28	7.3	10	8	7.1	0.7
<b>2000</b> Calorie Pattern (incl. 3 milk)	100	297	40	63.1	16.7	23.0	18.0	16.0	1.6
% KCAL--M 51-70, 70+	19	56	7	27	7.1	10	8	6.8	0.7
<b>2200</b> Calorie Pattern (incl. 2 milk)	98	310	48	68.6	18.1	25.2	19.6	17.4	1.7
% KCAL--M 31-50	18	56	8	28	7.4	10	8	7.1	0.7
<b>2200</b> Calorie Pattern (incl. 3 milk)	106	321	48	69.1	18.3	25.3	19.6	17.5	1.7
% KCAL--M 14-18	19	56	8	27	7.2	10	8	6.9	0.7
<b>2400</b> Calorie Pattern (incl. 2 milk)	106	344	56	73.1	19.2	26.9	20.8	18.5	1.8
% KCAL--M 19-30	18	57	9	27	7.2	10	8	6.9	0.7
<b>2400</b> Calorie Pattern (incl. 3 milk)	114	356	56	73.6	19.5	27.0	20.8	18.5	1.8
<b>2600</b> Calorie Pattern <sup>4</sup> (incl. 2 milk)	108	379	64	77.3	20.1	28.2	22.4	19.9	2.0
% KCAL--M 19-30	17	59	10	27	7.0	10	8	6.9	0.7
<b>2600</b> Calorie Pattern <sup>4</sup> (incl. 3 milk)	116	391	64	77.7	20.4	28.4	22.4	19.9	2.0
<b>2800</b> Calorie Pattern <sup>4</sup> (incl. 2 milk)	114	403	72	85.2	22.0	31.2	24.9	22.2	2.2
<b>2800</b> Calorie Pattern <sup>4</sup> (incl. 3 milk)	123	415	72	85.7	22.3	31.3	24.9	22.2	2.2
% KCAL--M 14-18	17	58	10	27	7.0	10	8	7.0	0.7
<b>3000</b> Calorie Pattern <sup>4</sup> (incl. 2 milk)	117	436	80	94.9	24.4	34.5	28.2	25.2	2.5
% KCAL--M 19-30	16	58	10	29	7.4	10	8	7.6	0.8
<b>3000</b> Calorie Pattern <sup>4</sup> (incl. 3 milk)	126	448	80	95.3	24.7	34.6	28.2	25.2	2.5
<b>3200</b> Calorie Pattern <sup>4</sup> (incl. 2 milk)	117	469	112	104.0	26.7	37.8	31.3	28.0	2.8
<b>3200</b> Calorie Pattern <sup>4</sup> (incl. 3 milk)	126	481	112	104.4	27.0	37.9	31.3	28.0	2.8
% KCAL--M 14-18	15	59	13	29	7.4	10	9	7.7	0.8

## NOTES FOR TABLE 5:

1. **For each food intake pattern**, the upper row in the table (in black) lists actual amounts of each nutrient and the second row (in blue) lists the percentage of the nutritional goal or the percentage of calories. To determine these values, the total amount of each nutrient in the pattern is first calculated by using the nutrient profile for each food group or subgroup (Table 4) multiplied by the amount of that group suggested for each pattern (Table 1). Then, the total amount of each nutrient in the food pattern is compared with the nutritional goal for that nutrient reported in Table 3. The result of that comparison is shown as the percentage of goal or percentage of calories.
2. Each food intake pattern is presented with both 2 and 3 servings from the milk group, to meet calcium needs that vary by age. "(incl. 2 milk)" is the pattern with two servings from the milk group; "(incl. 3 milk)" is the pattern with three servings from the milk group. For some patterns, there is no specific "target group" for either the pattern with 2 or 3 milk servings, so no comparison to goals is shown in the table. All patterns are included, however, for completeness.
3. % GOAL is the percentage of the nutritional goal met by the food intake pattern for the age/gender group specified. The %KCAL is the percentage of total calories in the pattern.
4. Food patterns at 2600, 2800, 3000, and 3200 calorie levels are not target patterns for any age/gender group, but are suggested patterns for more active men. Nutrients in these patterns are compared to the nutritional goals for males ages 14-18 or 19 to 30.